

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

JULY 15, 2005

## Jamba Juice raises thousands

**Cpl. Megan L. Stiner**  
*Press Chief*

**Honolulu** — With 30 seconds left before the start of the actual race, five noticeably unique individuals took off in a frenzy, running as fast as they could before the race began, sending the hundreds of other runners after them.

By the first water stop, even before the first mile, the five early starters, one dressed in a giant strawberry suit and the others in giant banana suits, were mixed in among the rest of the runners. Although they didn't come in among the top 10 finishers, they served their purpose as a constant reminder to participants and spectators alike of what the race represented.

The 5th Annual Jamba Juice 5K BananaMan Chase has been dubbed Hawaii's wackiest race due to the one-of-a-kind start where runners are urged to chase after individuals dressed like giant fruits.

This year's run, July 9, brought in approximately \$23,000, which will be donated to the Muscular Dystrophy Association of Hawaii. Since the debut of the BananaMan Chase in 2001, Jamba Juice has raised more than \$92,000.

The donation to MDA Hawaii supports research aimed at conquering neuromuscular diseases.

This year's top runner was Todd Iacovelli, a college runner from the University of Michigan. He, the next two fastest men and top three women finishers in each division, all received a one year's supply of free Jamba Juice smoothies. Five other participants were randomly selected to also win a year's supply of smoothies.

Once the race was completed and all runners, including the giant fruits, had crossed the finish, entertainment was provided by Innovative Magic by Kaulana, DJ Cool E, and Balloon Monsoon.



Cpl. Megan L. Stiner

Two runners, one dressed as a strawberry and the other as a banana, take advantage of one of the water stops along the course during this year's 5th Annual Jamba Juice 5K BananaMan Chase at Ala Moana Park, July 9. The race is unique due to the six individuals dressed as giant fruits who took off roughly 30 seconds before the rest of the runners to give them something to chase after. This year's event raised approximately \$23,000 in support of Muscular Dystrophy Association, Hawaii.



Cpl. Jessica M. Mills

Cardio Kickboxing classes have made a return to the Semper Fit Center, Tuesdays and Thursdays, from 5 to 6 p.m., instructed by Single Marines & Sailors Program coordinator Gabby Black (not pictured here).

## SM&SP coordinator teaches kickboxing

**Sgt. Joseph A. Lee**  
*Sports Editor*

Aerobic fitness is an important part of military life, and while some Marines and Sailors are content with the "run, run, run 'till the runnin' is done," others are on a constant lookout for new ways of getting in a cardiovascular workout to burn off those extra unwanted calories. Fortunately for residents of Marine Corps Base Hawaii, Kaneohe Bay, a new Cardio Kickboxing class has been made available to give one more alternative to the daily pavement grind.

Instructed by three-year aerobics instructor and former Marine, Gabby Black, the Cardio-Kickboxing class is scheduled for Tuesdays and Thursdays from 5 to 6 p.m. in the Aerobics Room at the Semper Fit Center. Black is a certified aerobics instructor through the Aerobics and Fitness Association of America and truly believes in the effectiveness of kickboxing as a way to

burn an extremely high volume of calories during a single workout.

The class is free for active duty military, and the training is described as a high-energy class that incorporates punch and kick combinations to improve endurance, speed and agility while burning calories and improving muscle tone. According to Black, the class is designed for both men and women as a good alternative to mundane cardio routines like running or the more predominantly feminine "step" aerobics.

"Guys love kickboxing," said Black, Single Marine & Sailor Program coordinator and instructor of the new training program. "When I taught the same class in Yuma, we had a whole lot of guys participating. I think it's because they can relate a whole lot better to kickboxing than step aerobics, and fighting is just something guys like to do."

See BOXING, C-6



Cpl. Jessica M. Mills

According to Gabby Black, instructor of the Cardio Kickboxing class (not pictured here), kickboxing is a great aerobic alternative to running that most men can relate to, so they don't feel as uncomfortable as they might in a step aerobic class.

## 3rd Radio sweeps 3/3 in first playoff game, 3-0

**Sgt. Joseph A. Lee**  
*Sports Editor*

Intramural soccer playoffs kicked off Monday on Marine Corps Base Hawaii, Kaneohe Bay, at Pop Warner Field, with the first playoff win for 3rd Radio Battalion over 3rd Battalion, 3rd Marine Regiment, in a 3-0 sweep.

Early in the first half, 3rd Radio was already displaying the teamwork they built during the regular season, dominating the field and keeping the pressure on 3/3. Right midfielder Anthony Will scored the first goal for 3rd Radio on a cross just missed by the 3/3 keeper, Ignacio Ramirezlacos, and 3rd Radio had their first taste of blood.

Hungry for another taste, Will made a second successful strike at the goal after pulling the ball from Ramirezlacos' grasp, but the goal was discounted by the referees, and the score remained 1-0. Just before the half, J.R. Sorem was unintentionally injured by his teammate when a 3rd Radio corner kick was centered, and Sorem and Julien Cayton collided in their joint attempt for the ball. Despite major pressure put on by 3/3 late in the half, 3rd Radio kept their lead, determined to end the half on top. But with limited players to substitute, the 3rd Radio coach questioned whether his team

could keep the heat on throughout the rest of the game.

"I thought we might tire after the first half," said 3/3 Coach Cayton. "But everyone turned it on, and our forwards caught a second wind and kept the pressure going."

At the start of the second half, 3rd Radio forward Robert Wren, Will, and midfielder Brian White joined forces to keep 3/3 on their heels, making several strikes for the goal from both sides of the field. After just a few foiled assaults, Wren and forward John Kindred set up for the goal, but Wren was called offside. Hardly discouraged, the 3rd Radio offense turned it up again, but this time Wren was successful in getting one past Ramirezlacos after breaking free up the middle.

Leading 2-0, frustration and aggravation began to turn into desperation for the 3/3 defense, as clearing the ball became more and more difficult with 3rd Radio's Kindred continuously feeding Wren, White and Will the ball in front of the goal.

"I'm not sure what it was that kept us going," said Cayton after the game. "Perhaps being tired on the field actually made us pass the ball more often to save from running, and passing the ball is always key."

See RADIO, C-6



Sgt. Joseph A. Lee

John Kindred (right), forward with 3rd Radio Battalion, watches as a 3/3 defender attempts to clear the ball from their backfield late in the first half of the game. The RAD team kept firm pressure on the 3/3 defense throughout Monday night's intramural soccer playoff game, taking the win from 3/3.



# BASE SPORTS

## Ongoing

**Extended Summer Pool Hours** — The Kaneohe Bay Base Pool has extended its summer hours for family fun. The pool will be open from 6 to 8 p.m. Tuesdays, Wednesdays and Thursdays so that families can enjoy their summer evenings.

Night lighting, picnic tables and barbecue grills will be available for patrons to rent for a small fee of \$1 per person. Swim, slide and dive away those hot summer nights at the Base Pool.

Evening water aerobics classes will be conducted on Tuesdays and Thursdays throughout the summer from 6 to 9 p.m. The class fee is \$2, and tickets can be purchased at the pool or fitness center.

Saturday morning swim lessons are also now available. Only six spaces per class are available, so sign up now at the Base Pool or call 254-7655. The fee is \$35 per session. The following is the class schedule. Level 2 at 8 a.m., Level 1 at 9 a.m., Preschool at 10 a.m. and Preschool 2 at 11 a.m.

**Semper Fit Center Offers Personal Trainers** — For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer, who will take body-fat measurements, blood pressure and heart-rate readings.

They will do all this and tailor a program based on your physical needs and ambitions. For only \$5 per workout, your trainer will actually train with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now, or call 254-7597.

**Campground and Picnic Sites** — For picnic and camping sites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island. Three of

those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation for picnics and parties from dawn to dusk. Hale Koa Beach may also be reserved for overnight camping.

Reservations are required. To reserve a camp site, call 254-7666. for Kaneohe or 477-5143 for Camp Smith.

**Fishing Charters Available at MCB Hawaii** — Spend the day aboard one of Bill Collector's fishing charter boats.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.

**Inexpensive, Fun Entertainment** — Look no further for economical entertainment Mondays through Thursdays at the K-Bay Lanes where all E-5 and below can receive free rental shoes and discounted games at only \$1.50 a game.

This discount is good for open play, but does not qualify for tournaments, leagues or unit functions.

For more information, call the K-Bay Lanes at 254-7693.

**Color Pin Special** — Every Wednesday, roll a strike. When a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win! Call the K-Bay Lanes at 254-7693.

**Parents for Fitness** — This cooperative baby-sitting effort is available at the Semper Fit Center for children 6 weeks and older.

All active duty service members and their families may participate.

Call 235-6585 for more information.

**Paintball Hawaii** — Weekend single-day cost is only \$25 per person, and the fee includes one air refill, equipment and the field fee.

The field is open on weekends. Call 265-4283 for Friday appointments.



Sgt. Joseph A. Lee

## Green day

Michael Love, commander of Marine Aircraft Group 24, addresses his Marines, July 1, at a field meet, just before going into the Independence Day weekend. All of the different squadrons in MAG-24 competed at the annual field meet event to prove which squadron is the most athletic in 2005. The victor, Marine Aviation Logistics Squadron 24, competed in and defeated their opponents in many events, including the “Dizzy Izzy,” a Humvee pull, and relay races.

**Junior Lifeguards** — The Base Pool is currently offering Junior Lifeguard instruction for the youth at MCB Hawaii.

Let your children enhance their skills and abilities in the water, plus gain confidence and experience.

For more information, call 254-7655.

**Massage Therapy** — Massage therapy, by certified massage therapists, is available at both Kaneohe

Bay and Camp Smith. The massage therapy program will help relieve your mental and physical fatigue and improve your overall circulation and body tone.

Choose from Shiatsu, Swedish, Lomi, deep-tissue and even hot-rock therapy.

Appointments are available by calling the K-Bay Semper Fit Center at 254-7597 or Camp Smith at 477-5197 during regular business hours, Monday through Friday.

**Okinawa Kenpo Karate** — Every Tuesday and Thursday, join MCCS Youth Activities’ contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located behind the 7-Day Store.

Adults and children are welcome. Costs are \$35 for adults, \$25 for children, and \$20 for additional family members.

Call MCCS Youth Activities for information at 254-7610.

# COMMUNITY SPORTS

## HTMC Hikes Saturday

Saturday’s trek takes hikers on a three-mile, novice jaunt to Waimano Pool. Adventurers can enjoy a beautiful downhill hike if the mountain apple trees are in bloom or a bountiful hike, if the mountain apples are ready to be picked. The pools may be deep if it’s been raining. Rest at the pools for the climb upward and out of the valley. Reach coordinator Peter Kempf at 384-2221 or 735-2220 for more information.

Hikers should meet at Iolani Palace at 8 a.m. for the hike. A \$2 donation is requested for each non-member, age 18 or older. A responsible adult must accompany children under 18. Bring lunch and water on all hikes and wear sturdy shoes and clothing. Firearms, pets, radios, and other audio devices are prohibited on hikes.

Check out the HTMC Web site at [www.geocities.com/Yosemite/Trails/3660](http://www.geocities.com/Yosemite/Trails/3660) for more information.

## Skyhawks Soccer Camps Still Accepting Registrations

Camp is Monday through Friday, from 9 a.m. to 3 p.m., at Kapiolani Park in Waikiki. Fee is \$114. To register, visit [www.skyhawks.com](http://www.skyhawks.com) or call (800) 804-3509.

Skyhawks programs have been developed to improve individual skills and are tailored specifically to each sport offered. Skyhawks works with community-based organizations to provide youth with an opportunity to enrich their sports skills by participating in safe, positive and noncompetitive programs. Each Skyhawks experience offers fundamentals, fun times and good friends.

## State Offers Outdoor Education

The Hawaii Department of Land and Natural Resources is offering education classes to the public. Subjects covered include firearms and archery safety; survival and first aid; wildlife identification; and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification. Classes are open to anyone 10 and older who enjoy the outdoors — not just hunters.

The next two-day session is Friday from 5:45 to 10 p.m. and July 23 from 7:45 a.m. to 4 p.m. in Classroom A-212A at the Nimitz Business Center, 1130 North Nimitz Hwy. Drive up the ramp to the classroom, which is the first room on the right. A picture ID is required for entry to the sessions. For more information about outdoor education, or to sign up for this course, call 587-0200 or visit [www.hawaii.gov/dlnr/Welcome.html](http://www.hawaii.gov/dlnr/Welcome.html).

## MPRRC Hosts Two Runs

Join the Mid-Pacific Road Runners Club, Sunday at 7 a.m. on the Lanikai bike path for an eight-kilometer run.

Runners should meet at the boat ramp before the two-loop race. This is a show-up, sign-up race, but you may register online at

[www.active.com](http://www.active.com). Registration fees are \$5 for MPRRC members, \$10 for nonmembers and free for MPRRC life members. Awards will be given to the top three finishers in the elite and 5-year age divisions.

The MPRRC is also hosting a Kailua Beach Run, July 24. The run covers approximately 4 miles of Kailua Beach shoreline. Waves and jellyfish are possible hazards.

This is a show-up, sign-up race, but you may register online at [www.active.com](http://www.active.com). Registration fees are \$5 for MPRRC members, \$10 for nonmembers and free for MPRRC life members.

For questions about either race, contact the Mid-Pacific Road Runners Club at 295-MPRR (6777).

## Surf ‘n Sea Cup to go July 23

Join athletes in Haleiwa for the annual Surf ‘n Sea Cup 1 1/5-mile swim. The swim is part of the North Shore Swim Series and will begin at 9 a.m. on July 23.

Entry fee is \$25 until Friday and \$35 from July 16 until race day. Entry fee includes a beach towel and refreshments. Awards will be given in several age categories for men and women.

Goggles, snorkels and face masks are permitted, but fins and hand paddles are not.

For more information call 676-1963 or 372-8885 or e-mail [eroom@hawaii.rr.com](mailto:eroom@hawaii.rr.com). To download a registration for visit [www.hawaii.swim.com](http://www.hawaii.swim.com).

## Ten Star All-Star Basketball Camp

Final applications are now being evaluated for the Ten Star All-Star Summer Basketball Camp. The camp is by invitation only. Boys and girls ages 10 to 19 are eligible to apply. Past participants include: Michael Jordan, Tim Duncan, Vince Carter, Jerry Stackhouse, Grant Hill and Antawn Jamison.

Players from 50 states and 17 foreign countries attended the 2004 camp. College basketball scholarships are possible for players selected to the All-American Team. Camp locations include: Thousand Oaks, Calif.; Prescott, Ariz.; Belmont, Calif.; Sterling, Colo.; Bridgeport, Conn.; and many other cities around the nation.

For a free brochure, call (704) 373-0873 any time.

## USO Hawaii 10k/5k Base Race

The seventh annual Outrigger-Ohana/USO Hawaii 10k/5k Base Race series will be run on Aug. 14 at Wheeler Army Air Field.

Individual and team awards will be presented, and team members will be eligible for individual awards. Team competition (five to 10 runners) will be limited to the 10-kilometer run in one of six categories: Military, police and fire, corporate, male, female or mixed. The five best times will determine team rank, and mixed teams must have at least one male

and one female finish in the top five or be disqualified.

The race will begin near Hangar 101 at Wheeler AAF at 7 a.m., Aug. 14. This race has been designated as part of the Mid-Pacific Roadrunners Club “Championship Series.”

The registration fee for individuals and team members is \$20 per runner and \$10 for children under 14. Military members running in formation must pay \$15 per person, and formations must consist of 20 or more members of the same organization.

To sign up for this race, mail in the entry form that can be found at the Semper Fit Center or any USO Hawaii or Outrigger-Ohana Hotel. Entry forms received after Aug. 1 will be considered late and are not guaranteed a T-shirt.

Race packets can be picked up from 10 a.m. to 3 p.m., Aug. 14 at the Semper Fit Center. Race packet will consist of your race number, T-shirt, safety pins and a course map. Packets not picked up will be available at the race site sign-in location after 6 a.m.

A revolving commander’s trophy will be presented to the military team with the best time. For more information, contact the Semper Fit Center at 254-7597.

## Try Fitness Presents Off-Road Run

Try Fitness is proud to present the 1st Annual Off-Road 8K Challenge, Aug. 21. Come join in the fun for an off-road adventure. The route is a little more than 5 miles, and will take you off road into the hills and valleys of beautiful Kualoa Ranch. Everyone age 14 and older are welcome.

Entry Fee is \$25 if postmarked by Aug. 6, \$35 if postmarked after Aug. 6. Packet pickup is on the following dates and locations:

•Aug. 16 from 2 to 6 p.m. at Island Triathlon and Bike, 569 Kapahulu Ave., Honolulu.

•Aug. 18, from 3 to 7p.m. at Runner's Hawaii in Aiea, 93-390 Kamehameha Hwy.

Awards in the Off-Road 8K Challenge will be given to the top three male and female finishers overall and the top three finishers in each age group starting at age 14. Awards will also be given to the top three male and female active duty military finishers.

For more information, call Try Fitness at 946-0346.

## Marathon Training for Women

Try Fitness hosts a 14-week training to help female athletes get ready for the Honolulu Marathon in December.

Session dates are Aug. 28 through Dec. 11. Training is Tuesdays and Thursdays from 5:15 to 7:30 p.m. and Sundays from 7 to 9 a.m. Orientation is at the Ward Entertainment Starbucks on Aug. 27 at 8 a.m. Cost: \$390 plus tax. Contact Try Fitness now at 946-0346 or send an e-mail to [tryfitness@hawaii.rr.com](mailto:tryfitness@hawaii.rr.com).

## Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the

following weekly Bellows Outdoor Adventures programs. Call the Turtle Cove office at 259-4121 from 8 a.m. to 8 p.m., or visit [www.bellowsafs.com](http://www.bellowsafs.com).

•*Saturdays at 8 a.m.*, Morning Paddle: Take the guided kayak tour to the Mokulu a Islands, which offers the opportunity to see birds up close in their natural habitat. Cost is \$14. Advanced skill level is required.

•*Saturdays at 1 p.m.*, History Tours by Van: Learn about and see significant historical landmarks on Bellows Air Force Station.

•*Sundays at 8:30 a.m.*, History Tours by Bike: Ride mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows AFS. Wear closed-toe shoes. Cost is \$15 for bike and helmet rental.

•*Mondays at 8:30 a.m.*, Hike to Makapuu: Take a moderate 2 1/2-mile roundtrip hike to the Makapuu Lighthouse. Hikers will be rewarded with awesome views of Koko Crater, Diamond Head and Waimanalo Bay. Wear closed-toe shoes. Cost is \$8 for adults and \$5 for children 12 and younger.

•*Wednesdays and Fridays at 8:30 a.m.*, Snorkeling Tour: Discover the magnificent underwater world of the ocean at a nearby undisturbed reef. Transportation, instruction and snorkeling equipment are included. Cost is \$15 for adults and \$8 for children 12 and younger.

•*Wednesdays and Thursdays at 1 p.m.*, Kayaking Lessons: Master ocean-kayaking skills, including water safety and efficient paddling techniques in this two-hour class. The class is free with a day kayak rental.

•*Thursdays at 9 a.m.*, Beach 101: See fascinating natural phenomena as you wade across seaweed-covered reef flats and rock tide pools.

This is an educational experience for the whole family. Be sure to wear comfortable footwear, a hat, swimsuit, sunscreen, and bring water. Cost is \$8 for adults and \$5 for children 12 and younger.

•*Thursdays at 8 a.m.*, Free Aloha Breakfast in the Recreation Center Lanai: Find out about all the exciting programs and specials happening at Bellows. Enjoy a free continental breakfast and sign up to win door prizes. For more information, call 259-4112.

•*Thursdays and Fridays at 2 p.m.*, Lei Making: Pick your own flowers to use in making a beautiful lei. Cost is \$8 for adults and \$5 for children 12 and younger.

•*Fridays at 1 p.m.*, Bodyboarding Lessons: Learn how to catch and ride the waves. Free day rental of boogie board is included in the \$5 fee.

Miniature Golf: One of the miniature golf courses on the island is the Bellows Mini-Golf Course. It is lighted and open for night play.

Cost is \$4 adults and children 12 and younger. For more information, call the Golf Shack at 259-4121.

Driving Range: Next to our mini-golf course is a driving range. Clubs and buckets of golf balls are available for rent.

## Hawaii Marine Accepts Briefs

To post sports and recreational activities in the Hawaii Marine, e-mail requests to editor [@hawaiimarine.com](mailto:@hawaiimarine.com) or call 257-8835.





# The Bottom Line

(Editor’s Note: “The Bottom Line” is the **Hawaii Marine’s** weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The **Hawaii Marine** welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “If you don’t speak up, you won’t be heard.”)

## Why try? It’s only an All-Star game!

**Sgt. Joe Lindsay**  
*The Goat*

Hey now you’re an All Star get your game on, go play  
Hey now you’re a Rock Star get the show on get paid  
And all that glitters is gold  
Only shooting stars break the mold

— Smash Mouth, “All Star”

The Goat has three kids (human) under the age of five, but first started to see the aging hipster signs in himself around ‘93 when the grey hair and receding hairline started kicking in. So, with apologies to all the iPod minions out there, the only reason The Goat knows the Smash Mouth lyrics to “All Star” by heart (and can’t get them out of his head) is due to repeated viewings of “Shrek.”

On Tuesday night, mercifully, the only TV blaring in the Lindsay household was the 2005 MLB All-Star game (via tape delay). There were other TV sets on in the house to be sure, (see “Mulan II,” “Tarzan II,” “The Wiggles”), but

the baseball game was the only one actually blaring.

Having met the same tape delay challenge every Monday during the NFL season in a seemingly never-ending quest to not hear the final results of Monday Night Football, plenty of practice had gone into being able to watch the MLB All-Star game in blissful ignorance of the outcome. Tape delayed sports is probably the greatest non-financial hardship we pay for calling beautiful Hawaii home, though sometimes it works in your favor, such as when the Tour de France is aired at 3 a.m. Thank Buddha.

This year’s All-Star game in Detroit, won by the American League 7-5 in a game that lasted only two hours and 45 minutes, marked the 76th year of the event and the eighth straight AL victory.

There were no Pete Rose-Ray Fosse collision at home plate moments, circa 1970, but then again, there probably never will be. And that is the problem with All-Star games in any sport. Nobody is willing to put it on the line

See *GOAT*, C-8

**Kristin Herrick**  
*The Cheese*

With the all-important Major League Baseball All-Star Game out of the way, it looks as though the American League will have home-field advantage for the World Series — again.

Not having much to debate about the game after the fact, The Goat and I decided to take up the general subject of all-star-like games in professional sports.

The NBA, MLB and the NHL all officially call their game the All-Star Game — how original — whereas the NFL gets creative with the Pro Bowl.

While living in Hawaii during the Pro Bowl has been good for me — having met Terrell Owens, Marco Rivera and Ahman Green — I must admit, the game itself is not all that exciting. The best part is watching the mascots chase each other around the field and doing the wave — all while getting tipsy from cheap beer and the oxygen-depleted air of the nosebleed section.

In fact, the most exciting facet of the fes-

tivities is rarely the game, but the extracurricular activities such as the slam-dunk contest or home run derby. There’s nothing like watching a bunch of seasoned athletes risk the chance of getting injured halfway through the season to win the title of “best dunker.”

**Bottom Line:** While the NFL gets a point for creativity of name, it loses it for lack of creativity in location — not that I want the location to change by any means.

Baseball’s All-Star Game actually means something; there are stakes up for grabs and whether or not people agree with that, it makes the game more interesting. Players on teams in the running for the pennant are trying to win — and even though Barry Bonds once told the Associated Press, “I don’t think it matters (who has home-field advantage), the best team is going to win anyway,” — that has historically not been the case. This drive to secure home-field advantage makes the MLB All-Star Game the most competitive and exciting of all all-star matchups.

## Readers Strike Back

“I thought you were real sports fans! ... I know it’s slow, but sinking to golf? “

Dear Bottom Line,

Give me a break. I thought you were real sports fans! Baseball sucks now, since Boston won the series last year. There’s no real baseball action right now. No home run race, no sob story, no home boy makes it to the big time, no record breaking or even a sports curse to beat unless the Cubs do something this year. Basketball is done for the year and the NHL, may she

rest in peace. I know it’s slow, but sinking to golf? Is that even a real sport? How about writing about football or that bum from the Packers, Brett Favre, if he knew what was good for him he’d retire. Where have all the cheeseheads gone? Now that’s a story! It beats golf any day.

**Sheldon Comer**  
*Detroit, Mich.*

## quotable

“Well, it looks like the all-star balloting is about over, especially in the National and American Leagues.”

— Jerry Coleman, San Diego Padres announcer





Ellis Graves, who was selected three times to play for the U.S. Eastern National Rugby Team, attempts a comeback, at age 40, after suffering two serious knee injuries playing his sport.

Cpl. J.R. Stence

# Aging rugby star dreams of big return

**Cpl. J.R. Stence**  
*Combat Correspondent*

**MARINE CORPS AIR STATION CHERRY POINT, N.C.** — July 3, three years after suffering the first of two devastating knee injuries, Ellis Graves found himself watching the Cape Fear 7's Rugby Tournament semifinal match from the other side of the fence.

While his Cherry Point teammates lulled in a shady patch of grass beneath their red and white-striped canvas tent after being eliminated from the tournament, Graves stood out in the searing hot sun of an early summer afternoon in Wilmington, N.C. He leaned against the fence, his left hand gripping a section of the metal wiring, and smiled. It was a quiet smile, if smiles have a sound.

Graves watched an aggressive solo tackle spring Northern Virginia for a score. A wing — judging by foot speed — tore after the loose ball, recovered it, outraced a trailing player about 50 yards, swaggered into the center of the end zone and downed the ball for the go-ahead extra points.

“He believed in himself,” said Graves, laughing appreciatively. “It’s the eighth or ninth game in a two-day span, but he still had that ability to shift that gear. He believed in himself.”

Graves, a former U.S. Eastern National Rugby Team player, believes in himself, too. He is 40. Twice, he had torn his knee in seven places. He has been virtually out of athletics for three years, yet he believes that he can return to the top of his sport before starting terminal leave, Dec. 31, 2006.

“Can I do it? Yeah,” said Graves, an avowed Christian who attributes his personal accomplishments to his faith. “What remains to be seen is if I want to.”

**Glory days**

“I was a guy who thought, ‘I’m going to be fit all my life, and there’s nothing anybody can do to stop me,’” said Graves.

The year was 2002. Graves, then 37, was at a level of fitness higher than the Marine Corps could gauge and, he said, about as fit as he had ever been. Throughout

See **RUGBY**, C-7



COMMENTARY

# Children deserve a chance to be healthy

**Sgt. Danielle M. Bacon**  
*Combat Correspondent*

**CAMP H.M. SMITH, Hawaii** — As soon as a couple finds out that they are expecting the birth of their child, announcements seem to go out to the ends of the earth.

In many cases, the birth is celebrated with the dad handing out cigars and the mom having a baby shower. Gifts and letters often come from everyone you know and often from people you don't.

My second son just turned 3-months-old and, today; I received one of the coolest gifts ever.

Like many other letters, it congratulated me on the new birth, but what set it apart from others was something every new parent deserves.

I was enrolled in Hawaii's Department of Health Immunization Program. In turn, that program enrolled my son into the "Protect Your Keiki Now!" program.

The program sends letters periodically to new parents, reminding them to get their children immunized.

The letter explained the need for shots and on what dates he was due.

Although this is my second child, I still need reminders to put the camera down and get him to the doctor for his shots, and the director of health was doing just that.

During his first 15 months, a baby should receive vaccines to fight against Hepatitis B (Hep B), Diphtheria, Tetanus, and Pertussis (DTaP), Haemophilus Influenza type B Bacteria (Hib), Polio, Pneumococcal Conjugate (PCV7), Measles, Mumps, and Rubella (MMR),

and Varicella.

I recognized a few of the vaccinations such as Hepatitis B and Polio, but there were a few I didn't like Pneumococcal Conjugate and Varicella, which, incidentally, is for Chicken Pox.

Each can cause serious damage or death to a child.

In older children, Measles can

cause an infection of the brain called encephalitis, which results in permanent brain damage in about 25 percent of those who get it, according to the Baby Center Web site: [www.babycenter.com](http://www.babycenter.com).

I know that there are a lot of different diseases, many of which I can't pronounce, but, thankfully, parents don't have to be able to say them to

get their children vaccinated.

Below is a schedule of when babies should receive these shots, according to the Department of Health.

- At birth — Hep B
- Two months — Hep B, DTaP, Hib, Polio, PCV7
- Four months — DTaP, Hib, Polio, PCV7
- Six months — Hep B, DTaP, Hib,

Polio, PCV7

- Twelve months — MMR, Hib, Varicella, PCV7
- Fifteen months — DTaP

Keeping my children healthy is one of my main concerns and having someone out there to help me makes it that much easier. For more information or to enroll in the "Protect Your Keiki Now!" program, call 586-8313.


MAKE-A-WISH®


Visit us at [www.wish.org](http://www.wish.org)  
or call (800) 722-WISH.

And share the power of a wish®

Make-A-Wish Foundation® is a CFC participant.  
Provided as a public service.

Helping America's Children Since 1917






1-800-217-3700  
[www.girlsandboystown.org](http://www.girlsandboystown.org)  
A CFC participant – provided as a public service

Did You Know

Girls and Boys Town...

- Provides treatment and care to more than 40,000 abused, abandoned and neglected girls and boys across the country each year.
- Provides assistance to nearly one million children each year by training parents, teachers and child-care professionals how to meet the needs of children in the 21st century.
- Has 19 sites located in 14 states and the District of Columbia.
- Assists more than 450,000 callers annually through the Girls and Boys Town National Hotline (800-448-3000).
- Cares for children regardless of race, color, creed, gender, national origin, or ability to pay. On average, girls make up about 50 percent of the youth cared for each year.
- For more information, call 1-800-217-3700, write to P.O. Box 8000, Boys Town, NE 68010, or visit [www.girlsandboystown.org](http://www.girlsandboystown.org)



A CFC participant –  
provided as a public service

BOXING, From C-1

According to Black, this new class is part of several changes being made to the Semper Fit aerobics schedule, due to several employees changing duty stations.

“Check the schedules that are available online or at the Semper Fit Center,” said Black, “because there are several changes to the cardiovascular classes that we offer. Some times may have been shifted from what you may be used to, as well as the addition of some classes, like Cardio Kickboxing.”

According to Black, it’s extremely easy to get hooked on this exciting form of cardiovascular exercise, and the hour-long class is over before you know it.

“Personally, I think it’s a much better class than step aerobics, for a lot of people, because it’s easier to follow,” said Black. “Where, in step aerobics, you’re probably not going to get a good workout until the fifth or sixth time you come, because you’re just getting to learn the right moves. In the Cardio Kickboxing class, most people, especially guys, get the hang of it right away, and by adapting so quickly, they really pull the full potential out of the class from the very start. And that’s when you realize that you’re having a really good time.”

RADIO, From C-1

Whatever the reason, 3/3 could not get the ball cleared out of their backfield, and they paid the price once more when White finally got a clearing and booted one in the corner of the goal, putting the score at 3–0 late in the second half of play.

In a last-ditch effort to get some points on the board, 3/3 finally broke the ball free of their backfield and made a home for a short period of time in the 3rd Radio backfield, where, unfortunately for 3/3, no points could be gained, and the clock expired, leaving the final score at 3–0 in favor of 3rd Radio Battalion.

“We’ve improved a lot throughout the season,” said Cayton. “At the start of the season, we were really just trying to get used to how each of us reacts in certain situations, and now, in the start of the post-season, we are well adapted to one another, and we’re playing as a team.”

Call With Any Problem, Any Time

1-800-448-3000

www.girlsandboystown.org

A CFC participant — provided as a public service



Girls  
Boys  
Town

HELP • HEALING • HOPE

National Hotline

Children Learn More  
from *Dos* than *Don't*s

Young children will be better behaved when they know clearly what you expect of them. Instead of just saying, “Don’t do that,” show and tell your child what you do want him or her to do.


1. Teach your child the steps of the desired behavior.

It is unreasonable to expect your child to do something if you haven’t taught it to him or her.

2. Have your child describe the behavior back to you.

This will tell you whether or not your child understands your expectations.

3. Ask your child to demon-



strate the behavior to you.

If your child can demonstrate the behavior reasonably well, then you know that it is within the child's abilities.


4. Model the behavior yourself.

Children are always watching you and trying to imitate your behavior.

For more tips on parenting, visit [www.parenting.org](http://www.parenting.org) or call the Girls and Boys Town National Hotline, (800) 448-3000.

A CFC participant — provided as a public service.

Together  
We Can  
Make a  
Difference



Volunteers  
of America®

There are no limits  
to caring.®

1.800.899.0089

VolunteersofAmerica.org

a CFC participant  
Provided as a public service.

Did You  
Know?

•Many bicycle injuries can be prevented by wearing a helmet. Always wear a correctly fitting helmet when riding. Even children using tri-cycles or bikes with training wheels should wear helmets. Adults should also wear helmets at all times, including when riding with children. The Bicycle Helmet Safety Institute has more information on how to fit a helmet.

•Be sure that helmets meet standards set by the Consumer Product Safety Commission, the Snell Memorial Foundation or the American Society for Testing and Materials. Look for a label or a sticker on the box or inside the helmet indicating that it meets the above standards.

•Wear closed-toed shoes when riding a bike.

•Make sure your bike and your child’s bike have good brakes, a front light and effective reflecting material.

•Ride only in safe areas and at safe times.

•Make sure bikes are the correct size for the rider.

•Learn about bicycle etiquette, laws, and safe riding practices and teach your children about them.

— American Red Cross

RUGBY, From C-4

Graves’ Marine Corps career, he could easily do 20 pull-ups. He claims to have set the Marine Corps’ speed record for reaching 100 crunches, at Camp Geiger, with a purported time of 42 seconds, in 1999.

Graves boasts a time of 17:10 on the three-mile run while wearing sandals, and his fastest three-mile run times are well under 17 minutes. In 1992, when he ran a 4.66 in the 40-meter dash at the U.S. National Rugby Camp — his fastest time since high school — Graves proved that he had a burst of speed to go along with his endurance.

In Cherry Point Rugby history and in Graves’ career, 1992 was a significant year. Graves arrived at the Air Station on orders from Marine Corps Base Camp Pendleton, Calif., and began playing fly half, center and wing for the Point team under coach Bob Davis.

Graves attributes most of his success to his time under Davis’ influence; history links the arrival of Graves at Cherry Point to a positive turn of fortune for the Air Station.

Graves established himself as one of the best rugby players in Marine Corps history by qualifying for the U.S. Eastern National Rugby Team, based on scouting reports of his play in 1992. The eastern team won the national title, and he received an invitation to attend Life Chiropractor College in Marietta, Ga., via a rugby scholarship.

Graves declined the scholarship and continued to play for Cherry Point until 1996. From 1993 and until 1996, Cherry Point played in the Cape Fear Open Bracket, which features the best rugby teams in the United States.

“The unique thing about that team, from 1992 to 1996, is that we were together the whole time,” said Graves.

There was a lull in military operations, between the Persian Gulf War and Operation Enduring Freedom, “so we advanced to (a high) level of strategic play,” he said.

In 1995, the Cherry Point team won the Cape Fear tournament, a highlight of Grave’s rugby career and a great moment in military sports.

Although rugby, particularly seven-man rugby, is a low-profile sport in the Western Hemisphere, there is little precedent for any military sports team entering a top-level open tournament and winning.

“We did something I don’t think any other military had accomplished,” said Graves.

Throughout his career, Graves has played for the All-Marine Rugby Team 13 times and the U.S. Combined Service Rugby Team six times.

In 1989, he was selected as the most valuable player in the Los Angeles Winward 7’s Tournament, a competition that included several players on the U.S. National Men’s Rugby Team. Graves played for the eastern national team once, in 1992, and was selected to play for it again in 1993 and 1994.

After 1996, the last year that Cherry Point competed in the Cape Fear Open bracket, and the final year of Graves’ tour at the Air Station, the caliber of Cherry Point rugby began to drop along with Graves’ status in the sport.

Decline

Graves remained in top physical condition until 2002, but of glory days began fading when he was transferred to Hawaii in 1996. He continued to play rugby, but only against other teams on the island. The level of competition was lower than it had been on the East Coast.

In 2000, Graves received orders back to Cherry Point. He returned to play for the Air Station rugby team, which had dropped off in talent since 1996 and was no longer playing in the top division of the Cape Fear Tournament.

Two years later, in 2002, Graves seriously injured his knee for the first time. Graves said Davis noticed that he was favoring his right leg and advised him to take a break from rugby. Graves didn’t listen, tore his knee in seven places, and was out of commission for eight months. Then he rushed his recovery.

“I came back prematurely, got seven additional tears in the knee, and that broke my spirit,” said Graves.

Grave’s re-aggravated knee sidelined him for another eight months. Then, from Jan. 18, 2003 to June 2003, he was deployed to Iraq in support of Operation Enduring Freedom, which later became Operation Iraqi Freedom.

During the three years that elapsed between the time of his first knee injury and the end of his tour in support of

OIF, Graves was unable to maintain a serious physical training regimen.

Yet while most others would surrender to age and injury, Graves stood defiantly against the eroding force of time, either unwilling or unable to gracefully bid farewell to the sport he fell in love with 12 years previous.

The beginning

Like many of a Marine’s first experiences, Graves was “voluntold” to play rugby. At his first duty station, Marine Security Forces London, England, a Marine he remembers simply as his executive officer said, “Hey boot! What are you doing today?”

“Nothing, sir!” sounded-off Graves, still in boot camp mode.

“Good! You’re coming with us!” commanded the major.

Thus, on Jan. 4, 1984, at an away game against a club team from Wembley, England, Graves’ love affair with rugby began.

Before then, his closest experience to the sport was high school football, so he tried to apply his pig-skin prowess to the rugby field. Like football, the first and second halves of rugby games begin with a kick off.

Graves could see he wasn’t going to be in position to make a catch when his team received the ball to start the second half, so he did what seemed natural to him.

“I just lay what I thought was the most perfect block,” said Graves. “The whole Wembley team surrounded me, but my teammates came to my rescue. They explained that I was a beginner, and the Wembley players” — in a thick cockney accent — “said, ‘That’s ok mate! You don’t block in Rugby!’”

“I can remember that like yesterday,” said Graves. “These guys were receptive to me being in a new country and not knowing the sport. They said, ‘Welcome to the sport,’ and did it like gentlemen.”

Rugby is like the cartoon with the wolf and sheepdog, said Graves. Each day, the wolf and the dog clock into work. The wolf’s job is to steal the sheep, and the

dog’s job is to protect them. The wolf and the dog are enemies at work, but something happens before they go their separate ways at the end of the day.

“Good night, John,” says the wolf.  
“Good night, Al,” the dog says.  
Wolf: “See you again tomorrow, John.”  
Dog: “I’ll see you tomorrow, Al.”

Comeback

“I would love to go out the same way I came in,” said Graves. “I don’t want to be a once-upon-a-time guy.”

Davis, known by his players as a straight shooter, said Graves’ goal is realistic.

“He’s got that heart, that no quit in him,” said Davis. “He hates to lose. There are guys who walk off the field just like they walked on the field. He looks like he got beat with a bat.”

Yet Davis admitted that Graves has a lot of work to do to get back to top form.

“He’s 40,” said Davis, “and getting back to that level of play is a lot harder than it was at 30.”

In his glory days, Graves was a prototypical running back with a combination of speed power and shiftiness, said Davis.

“He could make people look silly,” said Davis. “He put a lot of work and energy into his fitness and his ability to play the game.”

Graves, who is 5 feet, 9 inches tall, weighed more than 215 pounds before his injury. He said he could run three-miles in less than 18 minutes at that weight.

To get back to top form, Graves draws strength from his faith in Christ and looks to athletes, like Lance Armstrong, who have continued to excel past the age at which most sports players are at their prime.

Yet even in Armstrong’s autumnal success, there is a whisper of doom. For every Armstrong, how many Mike Tysons are there? It’s the rarity of Armstrong’s story that makes him special.

Return or no return, Graves has sealed himself a place in the chronicles of Marine Corps sports. The question is, will there be a sequel?



GOAT, *From C-3*

anymore, to win. And we’re not just talking players, lest we forget MLB Commissioner Bud Selig declaring the 2002 All-Star game in Milwaukee a tie.

Becoming an All-Star is one of the pinnacles of any athletes’ individual career. Unfortunately, the athletes themselves no longer seem to take the games as seriously as the fans. Bigger chunks of money to members on the winning team doesn’t seem to make much difference, and in baseball’s case, neither does the right to be the home league in the World Series.

So, which sport has the best All-Star game?

**Bottom Line:** For nostalgia’s sake, MLB is probably still the most endearing to the American public, though the NBA’s All-Star game remains the most entertaining. Nobody has bigger egos than NBA players, and they all seem to still enjoy showcasing their talent at the All-Star game, at least on the offensive side of the ball. And then, there’s the NFL’s Pro Bowl. When was the last time anybody really hit someone in that game?

Still, maybe it’s better to not take these All-Star games too seriously. After all, the players don’t. Except for Pete Rose. He did. Thanks for that Chuck.



**Together We Can Make a Difference**

Volunteers of America works in communities across America to make a difference for children, families, veterans, the elderly, youth at risk, the homeless, and persons with disabilities.

a CFC participant  
Provided as a public service.




Volunteers of America®

**There are no limits to caring.®**

1.800.899.0089  
VolunteersofAmerica.org

You Drink.  
You Drive.



You Lose.

In 2003, 735 passengers aged 16-20 were killed while they were riding with a driver who had consumed alcohol.

— National Highway Traffic Safety Administration

Did You Know?

**Preventing Heat-Related Illness**

- Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun’s energy. It is also a good idea to wear hats or to use an umbrella.
- Drink water. Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
- Eat small meals and eat more often. Avoid foods that are high in protein which increase metabolic heat.
- Avoid using salt tablets unless directed to do so by a physician.
- Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- Stay indoors when possible.
- Take regular breaks when engaged in physical activity on warm days. Take time out to find a cool place. If you recognize that you, or someone else, is showing the signals of a heat-related illness, stop activity and find a cool place. Remember, have fun, but stay cool!

— American Red Cross